

Aquatics

Priority Mass Swim Registration is Saturday, April 30

10:00am-12:30pm for Residents ONLY
 Rocklin Sunset Center Main Hall
 2650 Sunset Blvd
 625-5223 (for registration information)

Movies will be shown
 for children in the
 Sunset Room.

Mail-In Registration
 May 2 - June 8,
 followed by
 on-going registration
 at the pool.

Who do you call for information?

For aquatics information from February through June 8, contact:

City of Rocklin Community Services-Recreation Office
 2650 Sunset Blvd • (916) 625-5200
 8:00am-5:00pm

Please do not call the Rocklin High School regarding Rocklin Aquatics programs. During public swimming hours from June 8 - August 14, staff will be answering the pool lobby phones at 632-4190 weekdays from 10:00am-8:00pm, and 1:00-4:00pm on weekends. **All Aquatics classes and activities are subject to change or cancellation without notice.**

Rocklin Aquatics Complex

5301 Victory Lane • 632-4190

The Rocklin Aquatics Complex consists of an 8-lane pool with diving boards and a beach front entry wading pool. This swim center is a splashing alternative for your special function or party. Each birthday party package includes the use of the Rocklin Aquatics Facility during rec swim from 1:00-4:00pm and the following:

Birthday Party Package:

- Fees, \$6.00/guest (minimum of 10 guests)
- Decorated party table in picnic area for one hour
- Party postcard invitations
- Four Adult chaperone passes

Private Party Rentals

Reserve the pool for a private one-hour party on weekends before or after public swim. Lifeguard on duty. Reservations are taken on a first-come, first-served basis.

- Standard Fee: \$140 for up to 25 swimmers.

Beginning April 30,
 call 625-5223.

After June 9,
 call the Aquatics
 Complex at
 632-4190, for
 available dates
 and times for
 pool parties.

The full Summer Aquatics
 Schedule will be available
 after February 25. See page
 14 for locations where
 schedules and registration
 forms can be obtained.

Swim Lesson Information

Rocklin swim lessons are taught by qualified instructors at the Rocklin Aquatics Complex. Each session consists of nine, 30-minute lessons: First week meets Monday - Friday; second week meets Monday - Thursday.

Session 1:	June 6-16 (pm only)
Session 2:	June 20-30
Session 3:	July 5-14
Session 4:	July 18-28
Session 5:	August 1-11

Parent/Child swim classes are held for ages 9 mos. - 5 years. Level 1-7 classes are held for students ages 5 - adult in small group, semi-private, and private lessons. Springboard diving and junior instructor programs are also offered.

Recreational Swim

June 8 - August 14
 Tuesday - Sunday,
 1:00 - 4:00pm

Recreational swim is open to the public six days a week at the Rocklin Aquatics Complex, Tuesday - Sunday. The pool will be closed on Mondays for Kids Junction use.

Summer season punch cards and passes will be available beginning April 30.

Special Aquatic Weekends

Lap Swim, Aqua Exercise, Special Teen Events, Family Events and Moonlight Swims will be held throughout the summer.

Visit our web site at www.ci.rocklin.ca.us
 for dates and details.

Aquatics

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WSI Training Ages 16+

Teaching young children to swim is one of the most rewarding experiences you can have. Learn American Red Cross teaching methods, improve your own strokes, and earn a certificate to become a WSI swimming instructor.

Call 625-5223 for more information.

Spring & Summer Aquatics Positions

Looking for a fun and exciting job? Come work at the Aquatics Complex.

Applications for Pool Manager, Assistant Pool Manager, Lifeguard, Swim Instructor, Diving Instructor, Aqua Exercise Instructor, Head Cashier, Cashier, and Swim Aide will be available February 1 at the Rocklin Sunset Center and City of Rocklin Administration Office.



Junior Instructor Swim Camp

Ages 11+

Monday thru Thursday

Earn Community Service hours! Learn junior instructor pool responsibilities such as teaching techniques, supervising children, water safety, and general pool procedures. Those who successfully complete the course requirements receive a certificate and are eligible to volunteer as Jr. Instructor/Guard. *Book is included.*

Rocklin High Pool

3/21-3/24 9:00am-2:00pm
\$80R/\$90NR #3730.304

Lifeguard Training

Ages 15.5+

Monday thru Friday

Learn American Red Cross life-guarding skills, CPR for the Professional Rescuer, and Standard First Aid. *Books included.* A California lifeguard will also need First Aid for Lifeguards (Title 22 First Aid).

Rocklin High Pool

3/21-3/25 8:00am-4:00pm
\$99R/\$107NR #3731.304

First Aid for Lifeguards (Title 22)

Ages 15.5 +

Monday thru Thursday

First Aid for Public Safety personnel meets Title 22 requirements. CPR for the PR card must be presented at the start of the class. A three-year card is issued. An Emergency Response book is required and can be purchased from the Recreation Office for \$40.

Rocklin High Pool

3/21-3/24 6:00-10:00pm
\$40R/\$45NR #3732.304

Discover Diving

Ages 12+

Class meets on a monthly basis. Dates to be determined.

Scuba diving is adventurous, challenging, and fun. We are offering evening and weekend classes in conjunction with Nautilus Diving and Sports Center. Classes include instruction, supervision and use of scuba equipment for pool classes.

For details, please call (916) 624-DIVE (3483).

Spring Aquatics Program

Monday thru Thursday
Register at the pool.

Aqua Exercise

Follow the leader in this fun, upbeat water resistance fitness workout!

2/22-6/2

7:00-8:00pm

\$3.50 / class

\$30.00 / 10-class card

Lap Swim

Swim pool lengths at your own pace. Reduce stress and get in shape in an environment easy on your joints!

2/22-6/2

7:00-9:00pm

\$2.50 / swim

\$20.00 / 10-swim card

Call 625-5223 to confirm program dates if inclement weather.

Rocklin Wave

The Rocklin Wave is entering its eighth season of youth recreational swim team competition. The Rocklin Wave season consists of swim practices, meets and championships.

Contact the team at
www.rocklinwave.com or at
(916) 497-1444.

